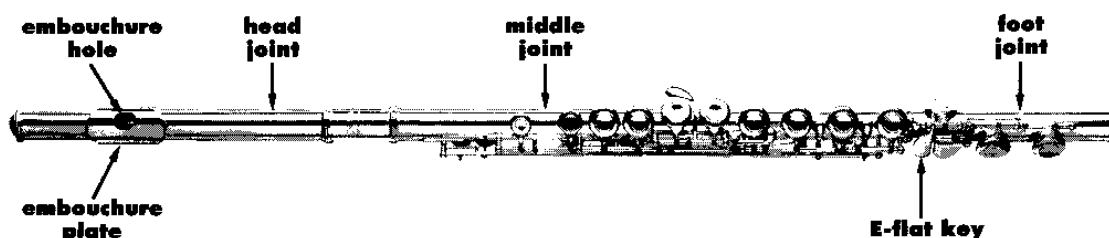


## Getting It Together



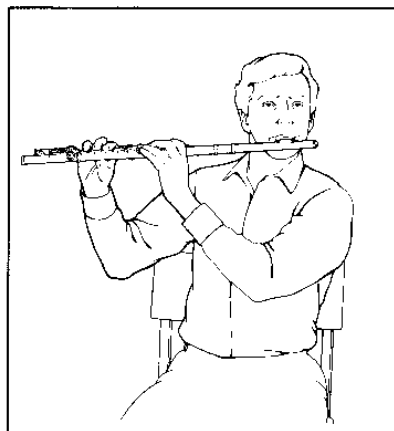
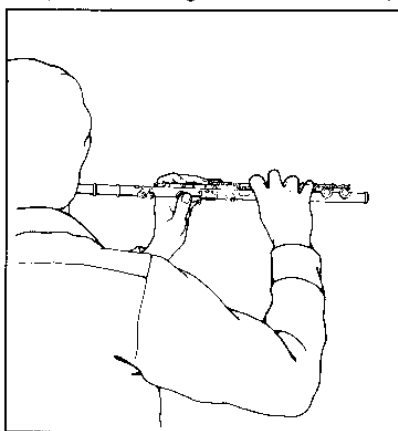
**Step 1** - Hold the head joint in your left hand and the middle joint in your right hand. Gently twist and insert the head joint into the middle joint. Make sure that the embouchure hole is directly in line with the middle joint's row of keys.

**Step 2** - Hold the assembled middle joint in your left hand and the foot joint in your right hand. Gently twist and insert the middle joint into the foot joint. The embouchure hole, keys of the middle joint and the long rod on the foot joint should all line up.

**Step 3** - Rest your left thumb on the underside's long straight key. Keep your wrist straight. Your fingers should arch naturally. Rest your fingertips on the center of the keys.

**Step 4** - Place the tip of your right thumb on the flute's underside between your first and second fingers. Arch your fingers and rest them lightly on the keys. Put your little finger on the E-flat key.

**Step 5** - Allow the embouchure plate to press lightly against your lower lip. Hold the flute as shown:



## Let's Play!

This special exercise is just for Flutists. Place your fingers on the keys as shown: ●●●●○○●  
Form the embouchure, take a deep breath and whisper "tah" to play E. Try this exercise several times.

"tah"



| REST |

"tah"



| REST |

## THE BASICS

### Posture

Sit on the edge of your chair, and always keep your:

- Spine straight and tall
- Shoulders back and relaxed
- Feet flat on the floor

### Breathing & Air Stream

Breathing is a natural thing we all do constantly. To discover the correct air stream to play your instrument:

- Place the palm of your hand near your mouth.
- Inhale deeply through the corners of your mouth, keeping your shoulders steady. Your waist should expand like a balloon.
- Slowly whisper “tah” as you gradually exhale the air into your palm.

The air you feel is the air stream. It produces sound through the instrument. Your tongue is like a faucet or valve in that it releases the air stream.

### Producing The Essential Tone

Embouchure (*ahm'-bah-shure*) is your mouth's position on the mouthpiece of the instrument. A good embouchure takes time and effort, so carefully follow these steps for success:

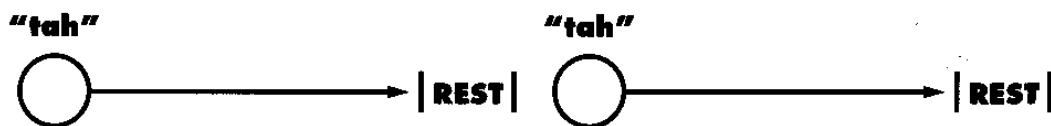
- Hold the closed end of the head joint in your left hand. Cover the open end with the palm of your right hand.
- Rest the embouchure plate on your bottom lip. Center the embouchure hole on the center of your lips. Check by touching the embouchure hole with the tip of your tongue.
- Gently roll the head joint forward so that approximately 1/4 of the embouchure hole is covered by the lower lip.
- Keep upper and lower teeth spaced slightly apart.
- Draw the corners of your mouth straight back and relax your lower lip.
- Make a small opening in the center of your lips. Blow air partly into and partly across the embouchure hole.
- Practice regularly in front of a mirror. Roll the head joint in or out to find the embouchure position that produces your best clear and full tone.

### Mouthpiece Work-Outs

Like a physical work out, mouthpiece work-outs may make you dizzy and tired at first. Keep practicing, and you'll see daily improvement.

Hold the head joint in your left hand and cover the open end with the palm of your right hand. Carefully form the embouchure and take a deep breath.

Whisper “tah” and gradually exhale your full air stream. Your work-out looks like this:



For a higher tone, remove your right palm from the head joint. Form your embouchure and take a deep breath. Whisper “tah” using a full air stream.

## Beat • The Pulse of Music

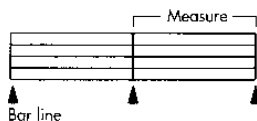
One beat = tap foot down on the number and up on the "&." Count and tap when playing or resting.

Count 1 & 2 & 3 & 4 &  
Tap ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

## Staff, Bar Lines & Measures

Bar lines divide the music staff into measures. The measures on this page have four beats each.


 = Music Staff





## Notes & Rests

Notes tell us how high or low to play and how long to play. Notes are placed on a line or space of the music staff.

Rests tell us to count silent beats.

 Quarter Note = 1 Beat

 Quarter Rest = 1 Silent Beat

**Fermata**  Hold the note longer, or until your director tells you to release it.

### 1. COUNT AND PLAY

**F**  Play   
Count 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &  
Tap ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

### 2. A NEW NOTE

**E<sub>b</sub>**   Play   
Count 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &  
Tap ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑


### 3. TWO'S A TEAM

  
Count 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &  
Tap ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑



### 4. THE NEXT NOTE

**G**   Play   
Count 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &  
Tap ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

### 5. DOWN AND UP

  
Count 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &  
Tap ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

### 6. ROLLING ALONG

  
Count 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &  
  
Count 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &  
Go to next line. 